

**332nd Air Expeditionary Wing, Balad Air Base, Iraq**

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**JANUARY 12, 2007**



## Combat Airpower for America is ...

Precision weapons & sensors employment
Combat search and rescue
<b>Precision air delivery of personnel &amp; cargo</b>
Command & control of tactical air battlespace
Senior airfield authority operating key airfields
Combat support and battlefield Airmen
Critical medical care for battlefield injuries

## 4 Hub-and-spoke missions provide tactical airlift in Iraq

Whether it is operating from rough dirt strips or dropping off troops and equipment into hostile areas, keeping convoys off the road in Iraq through airpower is their business.

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## RED TAIL FLYER

**Brig. Gen. Robin Rand**  
332nd Air Expeditionary Wing Commander

**EDITORIAL STAFF**  
**Maj. Richard Sater**  
Chief, Public Affairs  
**Master Sgt. Kirk Clear**  
Superintendent, Public Affairs  
**Staff Sgt. Alice Moore**  
Web administrator, Public Affairs  
**Senior Airman Josh Moshier**  
Editor, Red Tail Flyer

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332.redtailflyer@blab.centaf.af.mil or 332aew.pa@blab.centaf.af.mil.

The crimson used throughout the publication alludes to the original Tuskegee Airmen of the 332nd Fighter Group.

The Tuskegee Airmen were the first African-Americans to be trained as WWII military pilots in the U.S. Army Air Corps. They were known as the Red Tail Flyers because of the crimson paint scheme on their aircraft's tails.



Photo by Senior Airman Josh Moshier

**COVER PHOTO:** Senior Airman Michael Buzbee, 777th Expeditionary Airlift Squadron loadmaster, lines up a forklift prior to off-loading cargo at a stop during a hub-and-spoke mission Monday.

# Balad Highlights



**Brig. Gen. Robin Rand**  
332nd Air Expeditionary Wing  
commander

## COMMANDER'S ACTION LINE

The Commander's Action Line is a way for Balad Air Base members to ask questions or express concerns about life on the base to Brig. Gen. Robin Rand, 332nd Air Expeditionary Wing commander.

General Rand gives action line queries his personal attention. The *Red Tail Flyer* will publish items that are of general interest to the base population.

In addition to using the commander's action line, Balad Airmen are asked to remember their chain of command when dealing with problems and concerns.

To reach the action line, send an e-mail to 332.  
[redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil).

To use the action line, include your name, unit and phone number for a timely response in case additional information is needed.



T U S K E G E E   A I R M A N   O F   T H E   W E E K



### SENIOR AIRMAN SANDRA CLARK

**Unit:** 332nd Expeditionary Communications Squadron

**Air Force specialty:** Graphics Illustrator

**Home station:** Vandenberg Air Force Base, Calif.

**Family:** Married with two daughters

**Years in the Air Force:** 5

**Deployments:** 1

**On-duty contribution at Balad:** Developed 50 programs, created multiple posters and produced two key documents for the 332nd Air Expeditionary Wing Dining-In. Her work was praised by Lt. Gen. Gary North, United States Central Command Air Forces commander. She designed, printed, packaged and distributed 320 Iraq Campaign Medal and Expeditionary Service Ribbon certificates throughout the 332nd AEW and 332nd ECS.

**Off-duty contribution at Balad:** Volunteered to help the 332nd Expeditionary Services Squadron during Christmas Reindeer Games at the Red Tail Recreation Center. The event helped boost morale throughout the 332nd AEW during the holiday season.

## Weather outlook

**Today**



Mostly Cloudy,  
Overnight Rain

**55/37**

**Saturday**



Mostly Cloudy,  
Rain, Fog

**50/32**

**Sunday**



Mostly Cloudy

**52/41**

**Monday**



Mostly Cloudy

**54/41**

**Tuesday**



Partly Cloudy

**53/39**

**Wednesday**



Mostly Cloudy

**56/37**

**Thursday**



Partly cloudy

**54/34**



# Hub-and-spoke missions provide tactical airlift in Iraq

By Staff Sgt. Alice Moore

332nd Air Expeditionary Wing Public Affairs

Whether it is operating from rough dirt strips or dropping off troops and equipment into hostile areas, C-130s keep convoys off the road in Iraq through airpower.

Members of the 777th Expeditionary Airlift Squadron deployed from Little Rock Air Force Base, Ark., fly C-130 Hercules hub-and-spoke missions daily to ensure cargo and passengers are delivered in support of Operation Iraqi Freedom.

The type of cargo on a hub-and-spoke mission varies, said Capt. Matt Reece, aircraft commander.

"Each pallet contains something different. We've delivered anything from MREs (meals ready to eat) and water to tires and ammo," he said.

The missions are based on needs of various locations throughout the area of responsibility and provide supplies to all branches of the military.

"We ensure bases have what they need. The

most important impact of our mission is that people stay off the roads here," Captain Reece said.

He also said the tactical airlift saves time and additional effort.

For instance, in one week, C-130 operations can reduce convoy requirements by airlifting the equivalent of cargo carried by more than 22 buses and 42 trucks.

"If we can take two or three trucks off the road each time, then it's worth it. There's definitely less risk with flying," said Senior Airman Michael Buzbee, loadmaster.

One particular mission included transporting members of the 524th Expeditionary Aircraft Maintenance Unit to Kirkuk Regional Air Base, so maintainers could provide support for fighter operations there.

"This is our only mode of transportation. This helps keep the aircraft operational. The sheer number of hub-and-spoke missions enable us to get there on time," said 1st Lt. Kate Stowe, assistant AMU officer in charge deployed from Luke Air Force Base, Ariz.

The challenge with the hub-and-spoke missions has to do with the amount of time the crew has from start to finish, said Capt. Kenny Bierman, navigator.

"The time we take off to the time we land is usually around 12 hours," Captain Bierman said. "That's how much time we have to get everything done. We have to be flexible with all the different possibilities of delays."

The delays can be caused by anything from maintenance issues to weather.

"There's no room for errors," Captain Reece said. "For example, if weather delays our operations in one location, we have to find a way to cut time somewhere else to keep us within the amount of time we're given for the mission."

At the end of the day, crew members know that what they do plays a direct role in helping to transition Iraq to democracy, and there comes a deep sense of job satisfaction.

"It's a good feeling to know every day that you're actually accomplishing something," Captain Reece said. "What we're doing here is critical."



Photos by Senior Airman Josh Moshier  
Capt. Kenny Bierman, 777th Expeditionary Airlift Squadron C-130 Hercules navigator, conducts pre-flight checks on his navigation equipment prior to a hub-and-spoke mission Monday.



Hub-and-spoke missions move cargo and personnel throughout the Operation Iraqi Freedom area of responsibility, limiting the number of convoys required for the same duties.



# Wing honors three EOD Airmen killed by VBIED

By Master Sgt. Kirk Clear

332nd Air Expeditionary Wing Public Affairs

Airmen from Balad and Sather Air Bases paid their respects to three fallen comrades in two separate memorial services this week.

Tech. Sgt. Timothy Weiner, 35, Senior Airman Elizabeth Loncki, 23, and Senior Airman Daniel Miller, 24, were killed by a vehicle-borne improvised explosive device on Jan. 7.

The three Airmen were explosive ordnance disposal specialists assigned to the 447th Expeditionary Civil Engineer Squadron, 447th Air Expeditionary Group, based out of Sather AB, Baghdad, Iraq. The 447th AEG is an element of the 332nd Air Expeditionary Wing, headquartered at Balad AB.

All three Airmen were deployed from the 775th Civil Engineer Squadron at Hill Air Force Base, Utah.

Last Sunday, the four-man EOD team was responding to a VBIED in the Baghdad area. As the team prepared to detonate the device, it exploded, killing the three and injuring one other team member.

Since arriving in Iraq in July 2006, these Airmen completed nearly 200 EOD missions among them. The team had safely disarmed or detonated more than 125 IEDs. "That's 125



Photo illustration by Tech. Sgt. Paul Cox

IEDs that could have killed innocent people but didn't because of the heroic efforts of these Airmen," said Brig. Gen. Robin Rand, 332nd AEW commander. "They made a difference every day of their deployment."

The IED has become the primary weapon of choice for the insurgents in Iraq. There are approximately 100 highly trained Airmen in Iraq right now who are carrying out the critical mission of disarming these devices.

"Yet for all their skill and expertise and situational awareness, they fell victim to an enemy for whom nothing is sacred, least of all human life," said the general. "They fell victim to terrorists ... terrorists who will do whatever they can to keep this country unstable, to ensure that there is no future for the Iraqi people."

Of the 100 EOD Airmen currently serving in Iraq, about a dozen of them are from the same unit at Hill AFB as those honored here.

"The loss of these Airmen to Team Hill is a true tragedy to our organization, to our base and to the Air Force," said Col. Scott Chambers, 75th Air Base Wing commander, in a statement released earlier this week. "In the Air Force, we consider ourselves one big family. We care for our colleagues and our co-workers exactly like we do our family. Our Air Force family is grieving right now for the loss of these great patriots."

"Their motto 'Initial success or Total failure' reminds us that if they don't respond quickly and do their work flawlessly, the lives of other Airmen and Soldiers could be threatened," said Chaplain Randy Croft, 332nd AEW chaplain. "Their risks are for our safety ... they take pride in that, and we take pride in them."



Photo by Airman 1st Class Chad Kellum

(From left) Senior Airman Daniel Miller, Tech. Sgt. Timothy Weiner and Senior Airman Elizabeth Loncki, all members of the 447th Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal Flight, were honored at a memorial at Town Hall Thursday. The Airmen were killed by a vehicle borne improvised explosive device while responding to a VBIED in the Baghdad area Sunday.

# Airpower strikes insurgent stronghold in Iraq

**SOUTHWEST ASIA** – U.S. Central Command Air Forces air and space power supported coalition actions in Operation Iraqi Freedom with F-16 Fighting Falcon, F-15E Strike Eagle and B-1 Lancer aircraft that dropped precision munitions Jan. 8 on a known insurgent stronghold south of Balad Ruz, Iraq.

The strike targeted personnel and equipment of the insurgents and terrorists.

“The combined use of our wide range of aerial assets is a perfect example of the flexibility of our coalition forces. We’re able to provide the joint force commander with the desired effects using the most appropriate airframe,” said Lt. Gen. Gary L. North, U.S. CENTAF commander, who also serves as U. S. Central Command’s combined forces air component commander.

Air strikes were conducted against more than 25 targets

including enemy buildings, equipment, vehicles, weapons caches and personnel.

The aircraft used in the operation were selected in order to deliver the required effects to the ground commander.

“Air strikes in support of this operation were a success because of the combined efforts of our aircrews, ground forces and the Iraqi Army working in concert to shut down the terrorists’ ability to operate in the Diyala Province,” said General North.

In addition to the F-16s, F-15Es and B-1s, coalition aircraft provided a wide array of support for the coalition ground forces, including air refueling, close-air support, intelligence, surveillance, reconnaissance and strikes against planned targets over the duration of the operation, which began Dec. 26.

“USCENTAF and the combined air component commander forces



Photo by Senior Airman Brian Ferguson

*F-15E Strike Eagles, similar to this one refueling over Iraq, play a critical role daily in providing close-air support to ground forces in contact with anti-Iraqi forces as part of Operation Iraqi Freedom.*

will continue to provide support to the Iraqi government in their efforts to build a new Iraq. We are committed to helping the Iraqi

people establish a safe and secure country,” said General North.

*Air Force News Service*

## Air Mobility Battlelab combines cargo, passenger loaders

**FORT DIX, N.J.** – With a mission to make loading passengers and cargo easier, the Air Mobility Warfare Center’s Air Mobility Battlelab came up with an innovative idea using existing technology – the Halvorsen Air Stairs Kit, or HASK.

The HASK concept is a passenger stairs attachment kit designed to entirely replace the existing walk deck found on the right side of the Halvorsen 25,000-pound cargo loader, according to the project manager of the HASK initiative, Master Sgt. Rudy Cartagena of the Air Mobility Battlelab.

“This is done with minimal changes for adaptation, so all functionality of the loader remains,” Sergeant Cartagena said. “Height adjustments are controlled and provided by the loader. In the ‘stairs’ mode, the steps remain level regardless of height adjustments provided by the loader. In the ‘cargo’ mode with the stairs stowed, the steps close flat and work as a walk deck. At any time, the stairs can be removed and the original walk deck can be re-fitted. The HASK was built by FMC Airline Systems, who also builds the Halvorsen.”

The idea of dual-use material handling equipment like the HASK originated from former Air Force Chief of Staff Gen. Ronald R. Fogleman to address the lack of passenger stairs at forward bases.

“Often times, passenger stairs are not available during the first few weeks after the onset of deployed operations,” Sergeant Cartagena said. “Cargo loaders will always be available because they’re needed to download aircraft cargo. Modifying a loader with passenger stairs makes both cargo and passenger capabilities available simultaneously.”

The idea with HASK, Sergeant Cartagena said, is to have it deploy with first responders in support of global contingencies, where cargo handling is needed.

“The idea of being able to handle both cargo and passengers with one piece of equipment, while not increasing the footprint, seems like a sure winner,” Sergeant Cartagena said. “All branches of the military that travel by air can benefit from this technology. The concept may also provide a means of deploying personnel anywhere a commercial aircraft can land.”

Members of the Air Force air transportation career field expressed concern that using the HASK would take the loader away from its primary mission of handling cargo. “However, feedback from the field indicates that when passenger stairs are not available at air travel hubs, the loaders are frequently used to download passengers,” Sergeant Cartagena said. “So why not add passenger stairs to the loader to download passengers more safely?”

Sergeant Cartagena said dual-use equipment like the HASK-modified loaders can play a role in military operations of the future with a high potential to improve passenger and cargo handling.

“Even if further field testing finds the HASK loader not to be ready for prime time, all the work and resources were not lost,” Sergeant Cartagena said. “HASK might serve as the groundwork for the future cargo and passenger handling concepts. Perhaps future generations of loaders will incorporate a lighter, fully automated version of the HASK concept.”

*Air Force News Service*



# Improve performance through good nutrition

*(Editor's note: This is the first of a two-part series.)*

What you eat can help you achieve optimal performance in military training and day-to-day duties.

Nutrition experts recommend a balanced diet that's high in complex carbohydrates and low in fat to attain peak performance.

While some supplements may provide health benefits, others are unnecessary since food can generally supply all these

nutrients. Many other supplements cause a risk to one's health if taken incorrectly. Some supplements provide no performance or health benefit but make an individual feel he gets the advertised results.

What an athlete eats and drinks affects health, body weight and composition, nutrient availability during exercise, recovery time after exercise, and exercise performance.

As the research and interest in sports nutrition has increased, so has the sale of ergogenic aids, supplements, herbal preparations and diet aids. The athlete who wants to optimize physical performance needs to follow good nutrition and hydration practices, use supplements and ergogenic aids carefully, minimize severe weight loss practices and eat a variety of foods in adequate amounts.

A dietary supplement is a product that contains a "dietary ingredient" intended to supplement the diet. The Dietary Supplement Health and Education Act of 1994 places dietary supplements in a special category under the general umbrella of "foods," not drugs, and requires every supplement be labeled a dietary supplement. Information on their label must not represent the product as a conventional food or a sole item of a meal or diet.

An ergogenic aid is anything that helps enhance energy utilization and performance in the body such as sports drinks or the timing of meals.

The law requires products to be properly labeled. However, manufacturers may purchase and use ingredients without adequately testing for ingredient purity or quality. The product may not contain what's listed on the label, could contain contaminants or higher than reported levels of active ingredients.

Use food to achieve performance goals. During times of high physical activity, energy and nutrient needs must be met in order to maintain body weight, replenish energy stores and provide adequate protein for building and repair of tissue. Fat intake should be adequate to provide the essential fatty acids and fat-soluble vitamins, as well as to help provide adequate energy for weight maintenance. Diets should provide 20 to 25 percent of energy from fat. There appears to be no performance benefit to consuming a diet containing less than 15 percent of energy from fat.

Body weight and composition

can affect exercise performance, but shouldn't be used as the primary criterion for sports performance. Consuming adequate food and fluid before, during and after exercise can help maintain blood glucose during exercise, maximize exercise performance and improve recovery time.

Athletes should be well-hydrated before exercise and drink enough fluid during and after to balance fluid losses. Consumption of sport drinks containing carbohydrates and electrolytes during high intensity exercise will provide fuel for the muscles, help maintain blood glucose and decrease the risk of dehydration. If an athlete is consuming a balanced and varied diet choosing from all food groups, vitamin and mineral supplementation aren't necessary.

*Information provided by the  
332nd Expeditionary Aerospace  
Medicine Squadron*

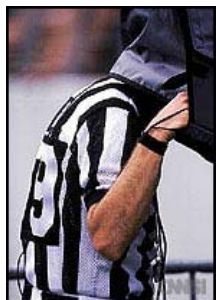
## Before using a supplement consider:

- The risk(s) of consuming the supplement
- Whether claims of effectiveness are backed up by independent research on humans (not rats)
- Whether the supplement will help you achieve your performance goals
- Manufacturer practices are not regulated; therefore, products may contain harmful contaminants
- If its use will compromise your health or well-being
- Whether the substance interacts with prescribed medications
- If consumption of the substance interacts with a particular health condition
- Whether the product claims to replace food or good training practices



## Red Tail Fitness Center weekly fitness schedule

Friday	Sunday	Monday	Tuesday	Wednesday	Thursday	Jan. 19
Lower back – 7 a.m. Yoga – 9 a.m., noon Spin – 3:30 p.m. Abs – 9 p.m.	Spin – 1:30 a.m. Yoga – Noon Abs – 8 p.m.	Spin – 8 a.m., 3:30 p.m. Cardio Funk – 8 p.m.	Cardio Funk – 7 a.m. Yoga – Noon Spin – 3:30 p.m., 8:30 p.m. Abs – 8:30 p.m.	Spin – 3:30 p.m. Cardio Funk – 8 p.m.	Spin – 1:30 a.m., 6 a.m., 8 a.m., 3:30 p.m.	Lower back – 7 a.m. Yoga – 9 a.m., noon Spin – 3:30 p.m. Abs – 9 p.m.



# UPON FURTHER REVIEW

*(Editor's note: Upon Further Review is a weekly column in which Senior Airman Josh Moshier and Master Sgt. Kirk Clear of the 332nd Air Expeditionary Wing Public Affairs Office debate their views on hot sports topics, games and items of interest. They rarely agree on sports, and when they do, you won't see it here.)*

## Mo Knows: Big Easy, Chargers will meet in SB XLI

With the wild cards out of the equation (pun intended), it's time to break down the contenders for Super Bowl XLI.

In the NFC, New Orleans is the least flawed team in a flawed, inferior conference. This weekend, the Saints play a Philadelphia team that's playing without its best player and leader, Donovan McNabb. Much can be made about the importance of momentum, and I buy most of it. But, when it comes down to do-or-die time, I just can't put my faith in the hands of Jeff Garcia.

In the other NFC game this weekend, Chicago will probably get past Seattle behind its smothering defense and in the cozy confines of Soldier Field. It'll be tough for the Saints to win in Chicago in late-January, but the Bears' Rex Grossman is Chicago's great equalizer – for the worse – and will warm the soul of Saints fans everywhere.

Contrary to popular belief, the AFC championship is being played this weekend in

San Diego, because the winner between the Chargers and New England Patriots will represent the conference in the Super Bowl. I pity the man who puts money against Tom Brady and Bill Belichick in a big game, but I'm not betting. In the end, LaDainian Tomlinson will be too much for the Pats defense to handle, and the Chargers will march through the winner of Indianapolis and Baltimore on its way to Miami.

That leaves the question of which team will hoist the Lombardi Trophy. The easy pick would be the Chargers, and I admit I'm speaking a little with my heart here, but I'm picking the Saints. Drew Brees has come back from shoulder surgery to have an MVP-worthy season and revitalize a broken city. Reggie Bush may not have put up the gawdy numbers some expected, but he's as good as advertised.

LDT and the Chargers deserve glory for a fantastic season, but Bourbon Street will be the place to be Feb. 4.

## The Clear View: Manning, Colts will be champions

Mo, I'm on board with you saying the Saints are the team in the weak NFC. They are looking stronger every week.

I also agree that they will easily make it through to the Super Bowl. You've laid out the case why, so I'll just leave it at that. Where I differ with you is in the AFC.

I can not believe that you are still on this LDT bandwagon? Didn't I prove you wrong two weeks ago when we argued the male athlete of the year?

I agree that LaDainian Tomlinson is a great player, but you act as if he is the second coming. One player might be able to carry a team in basketball, but certainly not football.

I don't think there is any argument that San Diego has been the best team in football this year. But the best teams in the regular season don't mean squat in the playoffs. Just look at last year when the AFC's No. 6 seed, the Pittsburgh Steelers, took the crown.

I don't even see the Chargers getting past this weekend and the Patriots. Tom Brady is money in the playoffs. He will go down to

San Diego and eat up its defense.

I see another upset in the other divisional game with the Colts marching back to Baltimore and beating the Ravens. The Ravens defense is great, but its offense has been sub-par under quarterback Steve McNair.

That means Indy will host the AFC championship game. I wrote in this column months ago that Peyton Manning and the Colts were finally going to win the Vince Lombardi Trophy. I'm not backing down now.

After Manning gets by Brady and the Patriots he will face his father's old team in Miami. There, I look for Manning to have a big day. Indy scored the second most points in the NFL this year and I don't think New Orleans can stop them.

It has all the ingredients to be one of the best Super Bowls of all time, with a shoot-out between two great quarterbacks. That's why I see it coming down to the kicking game. The same kicker that won a couple of titles for the Patriots will win one for the Colts as Adam Vinatieri makes a field goal as time expires.

*Now it's up to you, Tuskegee Airmen. Who's right? You decide. Sound off on the RTF's self-proclaimed sports gurus, or suggest a topic for discussion in a future column, in an e-mail to [332.redtailflyer@blab.centaf.af.mil](mailto:332.redtailflyer@blab.centaf.af.mil).*



## Condensed sports schedule

### NFL

Sunday, AFN Sports, 12:30 a.m.  
*Indianapolis at Baltimore*

Sunday, AFN Sports, 4 a.m.  
*Philadelphia at New Orleans*

Sunday, AFN Sports, 9 p.m.  
*Seattle at Chicago*

Monday, AFN Sports, 12:30 a.m.  
*New England at San Diego*

### NBA

Saturday, AFN Sports, 4 a.m.  
*Washington at N.O./Okla. City*

Saturday, AFN Sports, 6:30 a.m.  
*Houston at Denver*

Saturday, AFN Xtra, 6:30 a.m.  
*Orlando at L.A. Lakers*

Sunday, AFN Xtra, 3:30 a.m.  
*Boston at Detroit*

### NHL

Saturday, AFN Prime, 3:30 a.m.  
*Atlanta at New Jersey*

Saturday, AFN Xtra, 4 a.m.  
*Columbus at Nashville*

Saturday, AFN Xtra, 10 p.m.  
*Pittsburgh at Philadelphia*

Sunday, AFN Xtra, 6 a.m.  
*Colorado at Anaheim*

### NCAA BASKETBALL

Saturday, AFN Prime, 9 p.m.  
*Villanova at Syracuse*

Saturday, AFN Sports, 9 p.m.  
*Tennessee at Ohio State*

Schedule is subject to change. For a complete list of all AFN programming, visit <http://myafn.dodmedia.osd.mil/>.



# Have a little patience

By Chaplain (Lt. Col.) Jeffrey Neuberger  
332nd Air Expeditionary Wing chaplain

I've often heard it said we should not pray for patience. Why? Because God may answer our prayers by placing us in a situation that requires patience!

I prefer not to learn patience that way. If truth were told, I'd rather not have to learn patience at all (can I have mine in natural abundance, please?). But learn patience we must.

What is patience, where do I get it and why can I lose it so easily? Sometimes the prayer of the impatient goes like this: "God, give me patience, and I want it right now!"

Patience is the ability to persevere calmly when faced with difficulties — to endure provocations and frustrations of all kinds.

A deployed environment like ours calls for patience in many ways: with people, with events,

with oneself. Our normal, more comfortable lifestyle is challenged by cadillacs, dining facilities, body armor and mud conditions. Add the long hours and the separation from family and friends, and we can quickly reach the end of the proverbial rope — the end of our patience.

Consider this: for every minute you are angry, you lose sixty seconds of happiness — or at the least, sixty seconds of focus.

Getting angry can sometimes be like leaping into a wonderfully responsive sports car, gunning the motor, taking off at high speed and then discovering the brakes are out of order. We need to remember that anger is just one letter short of danger.

Years ago I came across this homespun bit of wisdom: "What's in the well comes up in the bucket."

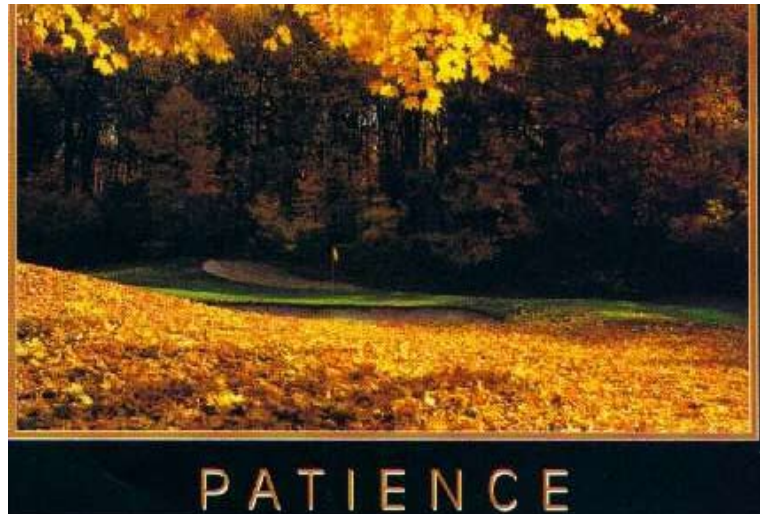
This means the person we really are is the person who is drawn out by circumstances. More

important than "what's in our wallet" is "what's in our heart." I try to remember a passage from the 141st Psalm: "Set a watch before my mouth, O Lord, and guard the door of my lips; let not my heart incline to any evil thing."

In many religions, patience is a highly-sought virtue, deriving from a quiet center like a hurricane derives power from its

'eye.' Life can be swirling around us and yet we can have a quiet center.

In the words of the French author Victor Hugo, "Have courage for the great sorrows of life and patience for the small ones; and when you have laboriously accomplished your daily task, go to sleep in peace. God is awake."



## Balad Religious Schedule

### Catholic Services

#### Daily Mass

5 p.m. Monday through Friday

Tuskegee Chapel

#### Saturday

4:30 p.m. Reconciliation

Tuskegee Chapel

5 p.m. Mass

Tuskegee Chapel

#### Sunday

9 a.m. Sunday Mass

Tuskegee Chapel

11 a.m. Sunday Mass

AFT Hospital Chapel

Confessions available by appointment

### Protestant Services

#### Sunday

9:30 a.m. Traditional Service

AFT Hospital Chapel

10 a.m. Contemporary Service

Town Hall

11 a.m. Liturgical Service (Episcopal)

Tuskegee Chapel

2 p.m. Church of Christ

Tuskegee Chapel

2 p.m. Gospel Service

3:30 p.m. Gospel Service

5:30 p.m. Traditional Service

8:15 p.m. Traditional Service

#### Wednesday

8 p.m. Midweek Contemporary Worship Service

AFT Hospital Chapel

Tuskegee Chapel

Tuskegee Chapel

AFT Hospital Chapel

Tuskegee Chapel

### Other Services

#### Sunday

7 p.m. Latter Day Saints Sacraments

Tuskegee Chapel

8 p.m. Latter Day Saints Sunday School

Tuskegee Chapel

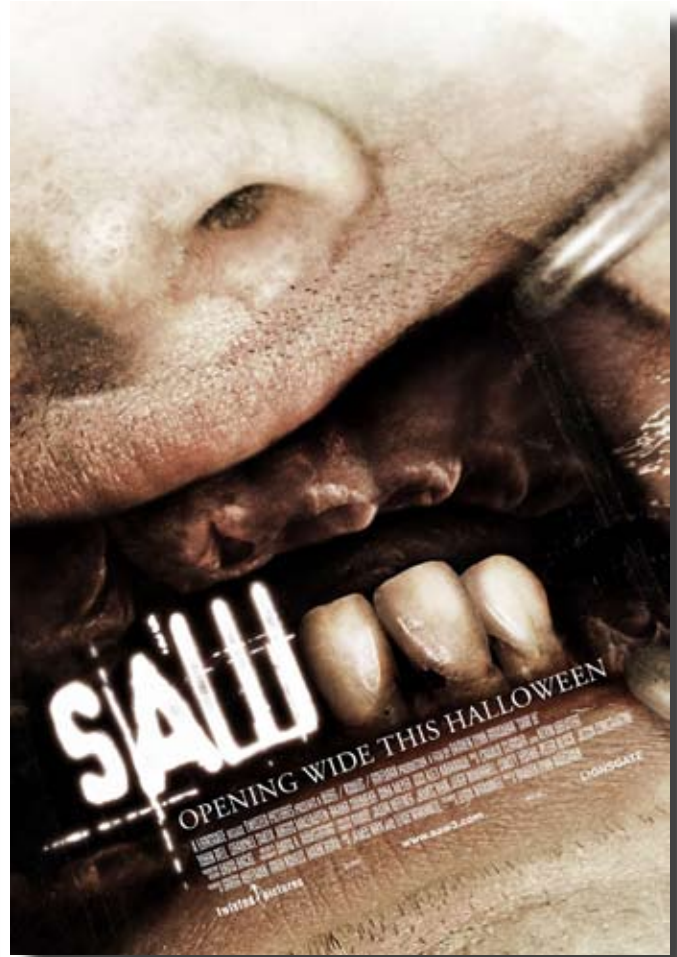
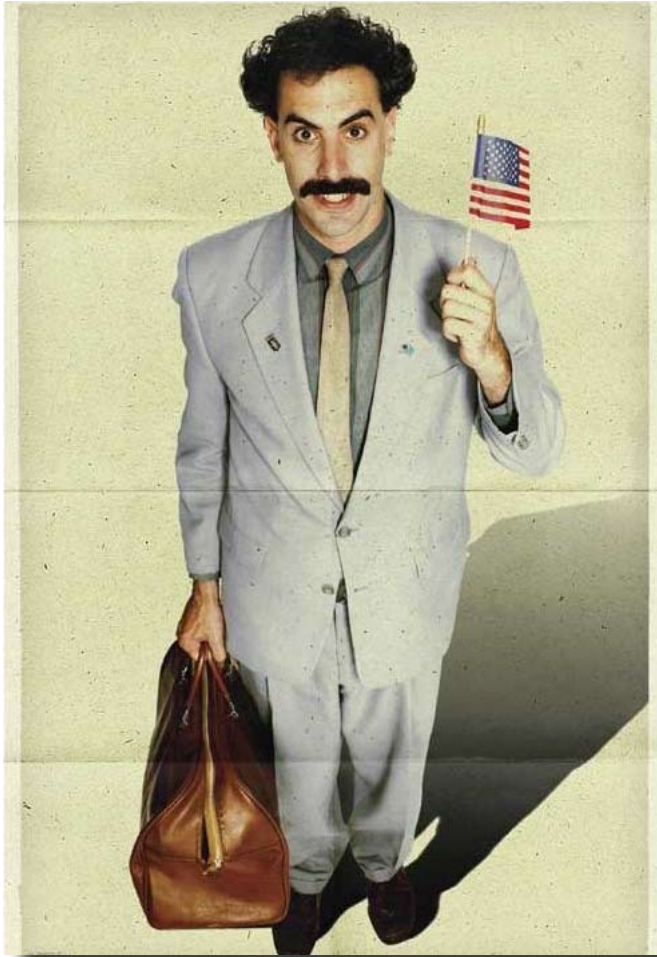
#### Friday

7 p.m. Friday Shabbat Service

Tuskegee Chapel Office

For more information on worship opportunities or needs, call 443-7703.

For the after-hour duty chaplain, call 443-3320.



#### Today

2 p.m. — Flushed Away  
5 p.m. — Flags of our Fathers  
8:30 p.m. — Borat

#### Saturday

2 p.m. — A Good Year  
5 p.m. — Borat  
8 p.m. — Saw III

#### Sunday

2 p.m. — Borat  
5 p.m. — The Santa Clause 3  
8 p.m. — Flags of our Fathers

#### Monday

5 p.m. — The Santa Clause 3  
8 p.m. — A Good Year

#### Tuesday

5 p.m. — Saw III  
8 p.m. — Borat

#### Wednesday

5 p.m. — Flushed Away  
8 p.m. — The Santa Clause 3

#### Thursday

5 p.m. — Borat  
8 p.m. — Flags of our Fathers

#### Jan. 19

2 p.m. — Let's go to Prison  
5 p.m. — Happy Feet  
8:30 p.m. — Code Name: The Cleaner

### Borat

*Sacha Baron Cohan, Kenneth Davitian*

Borat Sagdiyev, Kazakhstan's sixth most famous man and a leading journalist from the State-run TV network, travels from his home in Kazakhstan to the U.S. to make a documentary. On his cross-country road-trip, Borat meets real people in real situations with hysterical consequences.

Rated R (crude/sexual content, nudity, language)  
84 minutes

### The Santa Clause 3

*Tim Allen, Elizabeth Mitchell*

It's Christmas time once again, and Scott Calvin juggles a full house of family and the mischievous Jack Frost, who is trying to take over the "big guy's" holiday. At the risk of giving away the secret location of the North Pole, Scott invites his in-laws and extended family to share in the holiday festivities and upcoming birth of baby Claus.

Rated G  
98 minutes

### Saw III

*Tobin Bell, Shawnee Smith*

Jigsaw has disappeared, and with his new apprentice Amanda — the puppet-master behind the cruel, intricate games that have terrified a community and baffled police — he has once again eluded capture and vanished. Dr. Lynn Denlon is unaware that she is about to become the latest pawn on his vicious chessboard.

Rated R (violence, gore, terror, torture, nudity)  
107 minutes

### Flags of our Fathers

*Ryan Phillippe, Adam Beach*

Even as victory in Europe was finally within reach, the war in the Pacific raged on in February 1945. The struggle for the island of Iwo Jima culminated with one of the most iconic images in history: five Marines and a Navy corpsman raising the American flag on Mount Suribachi.

Rated R (war violence, language)  
132 minutes

Synopsis courtesy [www.AAFES.com](http://www.AAFES.com)  
Show times courtesy 332nd Expeditionary Services Squadron



## Airman convicted in Summary Court Martial at Balad

In a Summary Court Martial at Balad Air Base Dec. 31, Airman First Class Aaron M. Carey, Detachment 1, 332nd Expeditionary Logistics Readiness Squadron, was convicted of violations of Article 108, *Damage to Military Property*, and Article 134, *Wrongful Use of Aerosol Propellants*, of the Uniform Code of Military Justice.

Lieutenant Col. Jeffrey Perham, 732nd Expeditionary Civil Engineer Squadron commander, presided over the Summary Court and sentenced Airman Carey to reduction to airman basic and 30 days in confinement.

On three occasions, Airman Basic Carey inhaled the volatile contents of a can of compressed air in order to achieve a temporary "high." He also negligently drove a forklift into a parking structure and a medical building causing damage to both and over \$4,000 worth of damage to the forklift.

As part of his plea agreement, Airman Carey also agreed not to contest his being processed for an Under Other Than Honorable Conditions discharge by his home station following his time in confinement.

*Information provided by the  
332nd Air Expeditionary Wing Staff Judge Advocate's Office*

## Post office lists non-mailable items

The following is a list of the top 10 non-mailable items that go through the 732nd Expeditionary Mission Support Group east side post office at Balad:

1. Aerosols, shaving cream and compressed air
2. Chemical gear and wet weather boots
3. Hand warmers
4. Switch blade or spring-loaded knives
5. Encased scorpions and spiders
6. Alcohol-based perfume and cologne
7. Liquids
8. Rocks
9. Body armor or Kevlar
10. Weapons parts or magazines

*Information provided by the  
732nd Expeditionary Mission Support Group east side post office at Balad*



Photo by Airman 1st Class Chad Kellum

## Night eyes

Airmen and Soldiers assist a medical patient onto a UH-60 Blackhawk waiting on the helipad of the Air Force Theater Hospital at Balad Air Base Jan. 2.